

EXERCISE CLASSES

Awareness Through Movement "ATM":
(Joanie Collin) Wed., 5:00-6:00 pm Fee:
\$30/6 classes \$6 Drop-in

Bone Builders: (sponsored by RSVP)
Tues./Thurs. 10:00 - 11:00 am

Flexibility Exercising: (using chairs)
Mon./Wed./Fri. 10:30 - 11:30 am

Nia Technique: (Meghan Tuazon)
Tues.-Thurs. 9:00 -10:00 am Fee: \$48/8
classes \$7 Drop-in (Seniors only \$32/8
classes \$5 Drop-in)

Pilates: (Colleen LaDelia) Mon./Fri. **10 - 11 am**
Fee: \$30/6 classes, \$6 Drop-in
(Notice **NEW time**)

"SST" Senior Strength Training (Tonya McGary)
Thurs. 12:30 - 1:30 pm \$36/6 Classes,
\$7 Drop-in

Yoga: (Colleen La Delia) Wed., 9 - 10 am
Fee: \$30/6 classes, \$6 Drop-in

(Yoga with Bonnie Raniewicz has been cancelled.)

Anyone interested in **Tai Chi**, please contact Judy at
562-8443 ext. 303. This ancient Chinese form of gentle
exercise is good for all ages, but especially for the elderly.

Advanced Bridge Lessons with
Mary Poplawski continue Oct. 5, 12, 19
from **12:15 - 2:15 pm**

Lessons are independent; take any or all.
\$10/each To register, call 562-8443 ext.303

BASKETS WITH DEBBIE

All classes meet from 5:30-8:30 pm

Mon., Oct. 18 "Italian Bread" \$35

Tues., Oct. 26 "North Carolina" \$40

Call Debbie at 739-8353 to register

Nutrition Site

Mon./Wed./Thurs. Lunch served 11:30 am

Suggested donation \$3

Sponsored by the Office of Aging and Long Term Care
Please call 737-5520 one day in advance for reservations



GETTING CREATIVE

ART: Tues. Painting 1 - 4 pm BYO project .
Wednesday Portrait (Chris Thorborg)
1 - 4 pm Fee: \$8

CERAMICS: Mondays Noon - 3 pm

KNITTING/SPINNING: "Knit 'n Knots"
Fridays 9 - Noon, BYO project.
Instruction and assistance available

SEWING: "Sews and Sews" Tues. 1 & 3
10 am- 2-pm BYO project
Senior Sewing, Wednesdays 9 -Noon
BYO project

QUILTING: Last Tuesday "QOV"
(Quilts of Valor) 6 - 9 pm Kits are
available to make these special quilts for
wounded military personnel.

MEMOIR WRITING: 1st Friday 12:30 - 2 pm
Bring pen, paper and your memories. Start a special collection
for your Grandchildren. (We are working on a presentation by
Michael Czarnecki to be followed with several Friday sessions
with Michael. This will be a great chance to sharpen your skills.)

Card Games

Mon. **BRIDGE** 1:00 - 4:00 pm

Wed. **EUCHRE** 12:30 - 4:00 pm

Fri. **PINOCHLE** 12:30 - 4:00 pm

Everyone welcome! Why not join us?

The **Bright Red Bookshelf** provides **FREE** books in an
effort to increase book ownership by families, encourage
parent/child relationships, and involve the community in the
literacy effort. Look for the **Bright Red Bookshelf** in our
Outer Lobby and take a book or books for the children in
your life.

Start off your **Holiday Season** with

Pat Kane & Ken Van Etten

in concert at the
Big Flats Community Center

Tuesday, Dec. 7, 7pm Tickets \$10 each

Tickets available NOW at the Center Office